



Starter Pack

“The curious paradox is that when I accept myself just as I am, then I can change.”

Carl R. Rogers

Welcome gorgeous and congratulations on your investment in a new, leaner, fitter, shapelier you.

Woohoo! It's time to dive in! And with the help of this **starter pack**, **module summaries**, and your **pre-coursework**, I'm excited to outline how **Get Gorgeous** can transform your relationship with food and change your life over the next three months.

Here's why Get Gorgeous is going to work for you!

But before we get into the nitty-gritty, first let's answer the question you really want to know – does this programme work?

In a nutshell, YES and NO.

YES if you follow the principles, stay focused, and develop a new mind-set and healthy habits.

NO if you do nothing!

Fortunately, the chances of you doing nothing are very slim (pun intended). I've structured this programme to maximise your chances of success. But it's important to know that you **MUST** be committed. You have to take responsibility for your journey.

“People do not decide their futures, they decide their habits and their habits decide their futures.”

- F. M. Alexander

That said you don't have to walk alone. You've got me to hold you accountable and trust me I am FIERCE (just ask my husband)! **I want this for you** so if you want it too then we WILL do whatever we can to find a way to make weight loss happen. It's time for you to regain your control of food – so it no longer controls you.

Adele x

This weight loss journey *doesn't* start with food – it starts with your headspace.

Before we look at the twelve modules in detail, let's talk about your expectations, Get Gorgeous is NOT a miracle plan that can help you get healthy and if needed shed any unwanted pounds overnight.

Instead, Get Gorgeous is about changing the way you think - your mindset. Get Gorgeous will change your attitude towards food.

You will of course enjoy your food and understand the benefits of what you are eating. Get Gorgeous will give you the tools to know when to eat what - which macronutrients for a great healthy lifestyle. You can develop healthy habits FOR LIFE... not just for the duration of a diet.

By taking this long-term, SUSTAINABLE approach, you have a far greater chance of getting results that last beyond the end of your 'diet'. I'm not going to encourage you to put all your attention on food. Instead I'm going to help inspire change from *within* - we will start with you.

When change comes from within it can be revolutionary.

I will help you as much as I can on your journey, convince you, rationalise with you, and set objectives, but I don't have all the answers.

YOU know your body better than anyone and you make the choices based on your lifestyle, budget, and individual preferences. And that's why this programme is so empowering – when you learn to tune into what your body really needs, the cravings that have contributed to your unhealthy lifestyle will disappear gradually.

What's really brought you here?

First consider your past food experiences –as just that learning experiences. I don't want past performance to influence how you think you're going to do this time.

Consider the real reason you are the weight and shape that you are at the moment. This may be a challenge, but I know you're up for it! Looking at yourself with love and respect, see if you can get a sense as to real cause of your unhealthy lifestyle.

I don't want a superficial answer such as, "*I don't exercise enough*" or "*I eat too much chocolate*". I need you to dig deep so you can understand the *real reason* that weight has become your 'forever problem'. Once you understand this, you're well on your way to making permanent changes and creating a future when being healthy and fit becomes a 'non-issue'. Being healthy - by eating the right foods and exercising in a way that suits you will be part of your every day routine.

For instance:

- Do you have a tendency to eat the wrong things when you're bored?
- Do you eat 'badly' because nothing else is available or you lack the time and inclination to prepare something nutritious?
- Do you turn to food when you are upset, stressed, anxious, worried, or feeling sorry for yourself?

Have you got your answer yet?

If so, make a note of it. If not, just keep mulling over this question - you'll soon uncover the truth. Let your 'Reason Why' slowly digest and formulate in your thoughts.

This discovery is SOOO important. If you turn to food for emotional reasons, a diet won't help long term - until you deal with the trigger.

Change your mindset - that's the BIG healthy weight loss secret

Understanding yourself - your triggers and having a tool to help you avoid these triggers, is why Get Gorgeous is going to work. A nutritional pathway that leads you

to progressively to good health is the way forward. So these triggers come up less often for you.

I want to help you find a 'new normal' a place where you don't turn to food for comfort or a replacement.

As the Get Gorgeous programme continues, we're going to re-programme your thinking so that you make different decisions. These shifts WILL NOT happen overnight, established behaviours take time to change. And that's why the Get Gorgeous programme is split into **twelve different modules**.

As humans we tend to overestimate what we can achieve in a year but underestimate what we can achieve in three years. You are on this journey for the long term.

Together we will learn to look at food as a fuel. You'll understand the impact that different nutrients have on your body, and you'll come to understand the potentially devastating consequences that neglectful eating habits can have on your mind, body and spirit. You'll soon see that this **food education** and knowledge is absolutely critical to your success and your health.

That's because the knowledge you are going to acquire during our time together is going to change how you think about the food you eat.

What to do first

Now that you're a Get Gorgeous member (yay!) you can look forward to receiving a new module each and every week. Or if you prefer every two weeks – let me know what suits.

It's super simple to access the resources, simply login into the private members website using your username and password you created at payment. You have immediate access to the Starter Pack and the important prep you need to do before the first Module is released.

Now that I've set the scene, let's take some practical action and start your journey properly. To ease you in I've created some pre-coursework. Don't worry; it's not difficult!

So please take the time to complete these tasks, as they will help you hit the ground running by ensuring you're physically and mentally prepared for the journey ahead. I'm excited to see where you are three months from now – and then in a year and three years... Whatever happens it's going to be brilliant and I can't WAIT to help you Get Gorgeous.

Your Get Gorgeous starter tasks:

Task 1 Accept my Facebook invitation to join the private Get Gorgeous members' page.

Task 2 When your Get Gorgeous goodie bag arrives, you will find:

- Pedometer - start clocking those miles
- Calipers - ouch! To pinch those mm's and measure your fat loss
- Get Gorgeous Affirmation Poster
- 5 habits - printed card

Familiarise yourself with these items and keep them safe, from little (or big) enquiring fingers. They are yours, gorgeous.

Task 3 Buy yourself a lovely folder to keep all your course notes nice and safe. Choose a folder that inspires and uplifts you every time you look at it. It's going to be a close companion over the coming weeks.

Task 4 Check out the **module overviews** (on page 10) so you can see what to expect over the next twelve weeks.

Task 5 Read Discover Your Why (see page 14 of this guide) then print out and complete the Know Your Why worksheet.

Task 6 Read through the Get Gorgeous Success Tips (on page 16).

Task 7 Print out and complete your:

- **Dietary Record**. Please be honest and faithful to yourself, you are in a safe place to consider change so **don't hold back**. I want to know the truth 😊.
- Client information sheet

In Module One you will complete:

- Readiness for change questionnaire and ping back your score on our forum.
- Physical Activity Readiness - ping me back an email asap if there is anything that comes on this that you think I should know.
- How to take your perfect picture – IMPORTANT, painful but really important that you know where you are starting from and it will encourage you when you look back. Plus your pictures will keep you on track for years to come. So please TAKE YOUR PHOTOS xxxx
- Your first Weekly adherence sheets. I have given you two versions. The first one is to print off and complete as you work through your time on the Module and creating your first habit. Complete it daily.

- The second weekly adherence sheet labeled 'SUBMIT' means a quick submission form that is sent directly to me at the end of the week. So you can use the data from the printed out form to complete this.

Keep copies for yourself and send copies of your dietary records and client information sheet to me at adele@get-gorgeous.com or post Littlehay, Cheriton Bishop, Exeter EX66JH.

Important!

Get Gorgeous Sustainable Healthy Principles.

Get Gorgeous is different... rather than requiring you to follow a prescriptive diet, this programme is about tuning into you and your needs – so that you can make the right choices and create a new normal.

The following principles are at the heart of your new weight loss journey. SO please take the time to familiarise yourself with them and embrace them.

- Once you know your WHY (we have touched upon this but more on that soon) and you understand your food behaviour then we can set your SMART weight loss goal.

This goal will be obtainable. You want to be set up to succeed, not to fail.

- Equally as important as your weight loss goal are your behavioural goals.

It's your behaviour that will help you achieve your healthy targets - changing the way you think and feel about food.

The truth is you probably need very little course correcting to achieve amazing results.

The tiniest shifts in the way you think and eat will make a huge difference.

- Food education – this is critical and will clear up the confusion and misunderstanding about health and offer a solid education and reasoning behind what you are doing.
- Change your mindset. We're going to work to create a new 'normal' whereby the behaviours that cause you to reach for foods that lead to weight gain slowly disappear.
- A weekly exercise programme – you can't get healthy if you lead a sedentary lifestyle.

As a Get Gorgeous member it's my mission to get you to LOVE exercise. Yes it might be a tall order, but you don't know how persuasive I can be!

With simple, gentle monitoring and adherence tools you'll be able to track your progress and enjoy watching your body tone.

- Provide a community for soul support– remember, you're not alone in this journey and I guarantee that other members will share your thoughts and feelings – so get stuck in to our private members forum. You will discover some interesting insights and great tools and experiences.
- Accountability – when you're working to replace disempowering behaviours and habits, it can be tough.

That's why accountability will prove invaluable to you. I won't let you off lightly and my firm, but fair approach will help you stick to your commitments so that you see real change.

My promise to you is that I will hold you to your promises and we will work together to obtain a 90% compliance to your new habits and exercise commitments. Sound scary? Good!

- You'll learn how to eat in a way that will improve the nutrient content of your diet. Over time you will begin to replace the foods that lead to an unhealthy

lifestyle with nutritious alternatives. These choices will help boost your energy, leave you satiated, and help any excess weight to drop off.

- And my promise stands... there is NO weighing or calorie counting. Instead you can use your hand as a guide to portion control. Simple!
- Help with your nutrient timing and food selection. It's fascinating how your body works and you'll soon discover that there's an optimum time to eat carbohydrates, fats, and proteins. We're talking some simple shifts here and again these new habits can help to change the way your body looks and feels.

Here is Task 4 Get Gorgeous Modules:

Meet the Get Gorgeous healthy food education and exercise Modules.

"We are what we repeatedly do. Excellence, then, is not an act, but a habit."

- Aristotle.

Get Gorgeous is designed to deliver compound change. Remember, slowly slowly... one new habit at a time – the impact will creep up and surprise you.

Here's what you can look forward to in each module:

1. A new exercise programme – remember, you can't get healthy unless you get active too.
2. A new healthy habit – to help you introduce a new 'food behaviour' into your life
3. An educational summary – to explain why this new habit is good for your health.
4. Plus additional nutritional information – to help deepen your understanding of food, nutrition, and its effect on your body.

As a guide, you should aim to complete a module a week, but remember this course is self-paced. Some modules may take longer – and that’s absolutely perfect. You MUST resist the temptation to progress unless the new habit is well and truly integrated into your life. If you skip this rule then you will compromise your long-term success.

The Get Gorgeous principles work with a compound effect which means you only get the full benefit of a new habit when the previous one is firmly and permanently embedded into your life.

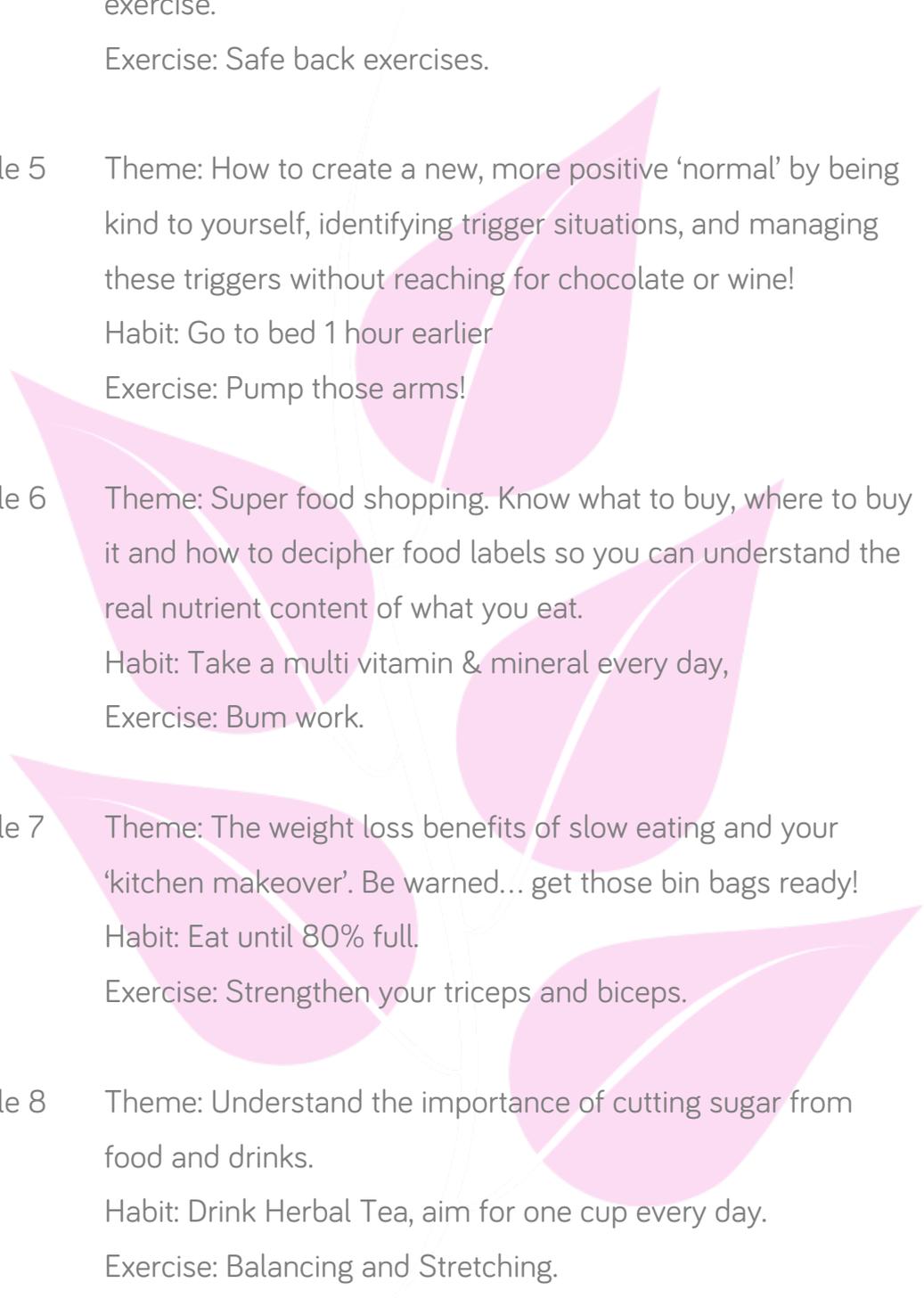
It’s for this reason that the habits start out easy (so your chances of success are high), and become increasing complex so your attitude; mindset and behaviours shift over time.

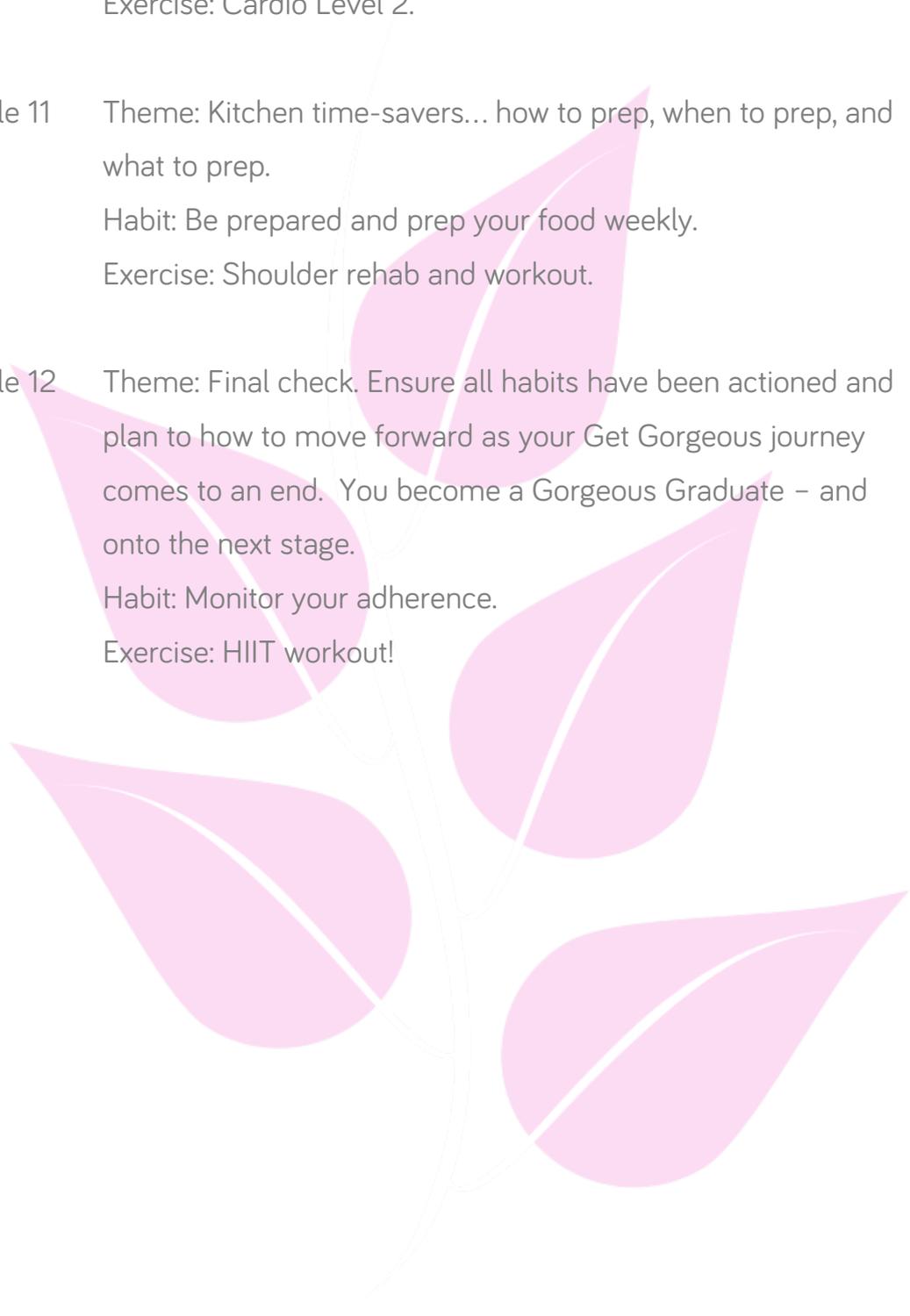
Here’s what your course, over the new few months, will look like:

- Module 1 Theme: WATER – understanding how it helps with weight loss
Habit: Drink five glasses of water a day
Exercise: Cardio level 1

- Module 2 Theme: Understanding Nutrition Part 1.
Habit: Eat some protein with every meal.
Exercise: Injury prevention with Pilates.

- Module 3 Theme: Understanding Nutrition Part 2 - vegetable intake,
how it helps with health plus a bonus discussion on using a
calorie control guide (not counting, I promise)
Habit: Eat one more vegetable with every meal
Exercise: Work those legs!

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- Module 4 Theme: Understanding effective exercise and when to eat carbohydrates.
Habit: Eat the majority of your starchy carbohydrates after exercise.
Exercise: Safe back exercises.
- Module 5 Theme: How to create a new, more positive 'normal' by being kind to yourself, identifying trigger situations, and managing these triggers without reaching for chocolate or wine!
Habit: Go to bed 1 hour earlier
Exercise: Pump those arms!
- Module 6 Theme: Super food shopping. Know what to buy, where to buy it and how to decipher food labels so you can understand the real nutrient content of what you eat.
Habit: Take a multi vitamin & mineral every day,
Exercise: Bum work.
- Module 7 Theme: The weight loss benefits of slow eating and your 'kitchen makeover'. Be warned... get those bin bags ready!
Habit: Eat until 80% full.
Exercise: Strengthen your triceps and biceps.
- Module 8 Theme: Understand the importance of cutting sugar from food and drinks.
Habit: Drink Herbal Tea, aim for one cup every day.
Exercise: Balancing and Stretching.
- Module 9 Theme: Why fat is not the demon.
Habit: Add one more 'good' fat to your daily diet
Exercise: Abdominals.

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- Module 10 Theme: How to enhance the nutritional content of your meals.
Habit: Add an hour of exercise hour to your week.
Exercise: Cardio Level 2.
- Module 11 Theme: Kitchen time-savers... how to prep, when to prep, and what to prep.
Habit: Be prepared and prep your food weekly.
Exercise: Shoulder rehab and workout.
- Module 12 Theme: Final check. Ensure all habits have been actioned and plan to how to move forward as your Get Gorgeous journey comes to an end. You become a Gorgeous Graduate – and onto the next stage.
Habit: Monitor your adherence.
Exercise: HIIT workout!

Here is your Task 7: Discover your WHY.

When striving to achieve a goal you need to know the reason behind your objective. That's because 'your why' holds the secret to your motivation and commitment – to help you through those inevitable tough days.

So let's take look at you and why you are here.

What are your reasons and motivations to become healthy?

Come on ladies we are good at this deep when we take the time.

- Tell me why... WHY is it important for you to be healthy?
- What will great vitality add to your life?
- Do you want to feel sexier to your spouse or new partner?
- Do you want the energy and stamina to be able to play with your children or grandchildren without getting tired?
- Do you want to lose weight to fit in to those gorgeous pair of jeans?
- To look great on your holiday?
- Or to avoid the lifestyle disease that took one of your parents?

Please **please** be honest.

If you take the time to get to the heart of this it will be so much more motivating.

If you feel yourself welling up then we have hit a nerve, the reason, use your instincts to answer this question.

Once you know your why, you need to write it down. Simply download the 'Know your Why' worksheet from the members' website. Then print it out and pin it up next to your computer or your fridge so you can see it every day.

Alternatively, if that feels too vulnerable for you, put it somewhere private. For example, my affirmations posters are in my 'office' - okay to be more specific son's bedroom/office. It's my den.

Whenever you feel low or need a boost. Know why, you are on this journey.

It will help you to refocus and stay on course. As I keep saying we are trying to create new habits so these feelings will be there, but they will subside over time. You will begin to think differently.

So complete your worksheet now.

Set Your BIG Outcome Goal.

So what do you want to achieve during our time working together? Do you have a big birthday coming up, a big event, something you are preparing for? Have you got a photo of what you imagine you want to look like and FEEL like.

I need you to be really specific and detailed and I want you to set a completion date.

Warning. Your goal MUST be achievable. You can't aim for excessive weight loss because that's not how the Get Gorgeous principles work. Remember slowly and steadily.

To give you an idea of what's 'reasonable', here's how much body fat you can expect to lose:

- **Excellent** is ½%-1% of body fat lost every 2-4 weeks.
- **Average** is ½ % of body fat lost every 4 weeks.
- **Poor** is less than ½ % of body fat lost every 4 weeks.

But how do you know if you have lost body fat I hear you ask?
Great question...

That's where your measurements charts, calipers, and a helping hand from me comes in 😊 So set your goal and then ignore it, forget it, let it go and let me worry about that goal and you work on mastering a few new habits.

Set your daily goals

Whilst your overriding goal is SMART, your daily goals need to be smaller and something that you have control over. This is where your behavioural goals come in.

Your behavioural goals are goals that you can work on EVERY day and EVERY week. I will set these goals each week when I deliver a new module pack to you, but it's your job to monitor your compliance by making use of your adherence sheets.

Don't forget, you are working towards 90% compliance with your little daily goals or habits - okay? Now that is much easier to digest and fulfill and way-hey the big goal will follow. I promise 😊

The Get Gorgeous Weight Loss Success Tips

Want to boost your chances of weight loss success?

Then look no further than my top tips – I think you'll LOVE them!

Tip 1 – Be open-minded

You may hear some things on this course that you already ‘know’. But be wary of closing your ears and dismissing this knowledge. Instead, consider it with the fresh eyes that you’re bringing to your Get Gorgeous experience.

This isn’t about telling you to ‘suck eggs’. I’m sure you’re aware of your own behaviour. When an outsider is encouraging you to increase your level of activity, or turn down the heat whilst cooking it’s tempting to reply *‘I know, I know’*. Look, I understand that you know, but beware... repeating ‘I know I know’ is a mental shortcut that enables us to shut off our brains, to stop thinking about the barrage of information we receive, and allows us to avoid action.

Robert Cialdini talks extensively about our mental shortcuts, the use of them, and our ‘internal consistency’ in his book ‘Influence’. First printed in 1984, he explains the psychology of our behaviour, very interesting, highly recommended read.

If you’ve got room for improvement, then maybe there’s a possibility that you don’t know ;-) So PLEASE be open-minded with everything you discover over the course of the programme.

Tip 2 – just aim for 90% of the time

We’ve set your healthy goal and you ‘know your why’.

These goals are stuck somewhere visible so you can be inspired continuously.

Now let’s match your behavioural goals with your action – 90% of the time...

For example, in your first module your new healthy habit will be to drink five glasses of water a day.

I want you to record your progress on your Get Gorgeous weekly adherence sheet.

It’s simple... just put a **big X** every time you drink a glass of water.

Yes it's a little like a sticker chart, but it works – because your progress (and commitment) is there in black and white. Simple!

When we move further on in the course, and the habits become more challenging, you may start to drop off with your compliance.

For example if you are only eating 14 out of 28 meals per week and skipping two exercise sessions per week, you're not matching your goals with your behaviour. So you have to keep your goals realistic and bring up your behaviour to match your goals. So if one goal is too difficult, stick with it until it becomes a habit.

Some of the adherence sheets have a longer run, just in case it takes a little longer to establish. Simply print out the adherence sheets again and redo the habit.

Tip 3 - Chillax - things will go up and down.

Events are going to happen. For example, busy, party weekends and other activities that will upset your forecasted dietary plan. So relax about your behavioural goals from time to time, but plan for them.

For instance you might have a busy weekend planned, or a busy few weeks, so plan for this and ramp up your commitment before the event and after so that during the event you can relax. It is okay to relax a little and make incremental improvements without putting huge pressure on yourself to be perfect. You'll get better results if you go easy on yourself.

Tip 4 - Start Small and Slow.

Work on your new habit and focus on being brilliant at that. Along this nutritional road I will begin to ask you to analyse different things. For instance, increase your

protein intake or add more vegetables. Then considering how you eat, quickly, filling your plate and finishing it without even noticing if you are full?

You will begin to consider how you can change your eating habits - paying attention to your appetite and fullness cues, eating slowly and stopping your meal when you are satisfied, not stuffed. Please trust the process, consider the above changes but only make one change at a time, this will lead to your ultimate and forever, healthy success.

Tip 5 - Start with the basics and then change to suit your personal needs.

Remember my secret aim is to get you to enjoy exercise, by selecting an exercise format and programme that fits in with you. When you start exercising more, your appetite will change and so will your body's needs:

- Your protein intake should increase to help supply nutrients required to build and repair your muscles.
- Your fat intake should increase to help increase your metabolic rate and improve the function of your body.

You will learn more about this as you go through the modules but I want to lightly touch upon it so you are starting to think differently.

At the beginning change little, just add your water, and begin to work gently with the exercise programme. Just be aware that as you become more physically active you will make changes to satiate your hunger and help your body to recover after exercise. You can start to adjust your diet depending on your recovery and on your body type and your response to your habits. So be diligent and complete your weekly adherence sheets.

Tip 6 - Keep to your behavioural goals.

It is easy to put pressure on yourself and get impatient when you are trying to lose weight. Especially if you don't see changes very quickly. Worse, it is easy to convince

yourself that you are making no progress at all – especially if you are not measuring your results because you have no idea if the programme is working for you.

So keep your body composition records and your body part tape measurements and check to see if we are moving forward. If you are not then you can try something else. Remember, all feedback is good feedback because it allows you to take action.

Tip 7 – Manage your expectations.

You won't always see a straight, linear line of progress. In fact, you might have a very successful burst followed by a little stagnation. This is normal as the body adapts to your change of diet.

Consider for a moment the changes that are happening under the surface. How your body is changing from within, if you keep up the good work and sticking to the behavioural changes the internal changes will eventually add up and you will continue on your weight loss journey.

Tip 8 – Measure the right things.

Calories v percentage body fat.

In the past you may have focused on calorie intake obsessively. Please don't. Sure the number of on the scales can be a big motivator, but it's not everything. Instead, let's focus on your improved health, wellbeing, exercise performance and energy levels. Look for how your clothes feel, how people comment on the way you shine, have some of your other problems started to subside like dry skin and headaches. There is a broader impact of your new habits that you may miss if you're not looking for them.

Tip 9 - Recognise what reasonable progress looks like

As a guide, you can expect to lose ½ % of body fat every four weeks. I know this sounds a bit measly if you are looking for dramatic change! But consider this:

If you currently have 30% fat and are losing 1% fat a month, by the end of the year you will be just 18% fat. That is defined as 'athletic'. You'll have gone from obese to athletic in just one year.

So acknowledge your 'daily successes' and your compliance results and let the rest follow.

Tip 10 - Recognise your body's needs will change as you lose weight

As your body gets leaner, it will fight more to keep any fat, so you'll have to outwit your physiology.

Eventually you will have to start monitoring your intake more closely. From then you will make a solid baseline of what you eat (still not talking calories) and from there reduce the amount you eat OR increase the duration or intensity of your exercise.

So that's it for now 😊

Remember the doors to Module 1 open soon, but before they do remember to do your best to complete your pre-course work that I have outlined at the beginning of this kit.

Here's a quick summary of the worksheets and tasks that I'd like for you to have considered – all of these can be found in the private members website. Simply login to in our private members website.

1. Discover Your Why.
2. Your Dietary Record.
3. Client Information sheet.

There's no need to rush... this course is self-paced so work at a pace that feels comfortable to you.

Your new life starts here and now and I can't WAIT to work with you to help you Get Gorgeous. You're going to rock it 😊

Here's to a leaner, fitter, more shapelier you.

A decorative graphic of several pink leaves with white veins, arranged in a cluster on the right side of the page. The leaves are semi-transparent and overlap each other.

Adele x

- Your new weight loss BFF and accountability buddy 😊